

The Intentional Life – Cultivating A Life That Matters

Week 5

Developing Healthy Boundaries and Habits: Intentional exercises and practices that will help you grow and sustain your time wealth areas (referring to *The Intentional Life Evaluation* from week 1), and wholeness of heart.

As we talked about throughout this series, we cannot effectively lead others into places we have not been willing to go ourselves. You've heard it said, healed people heal people. So true. The good news is that we don't have to be perfect or have our lives all together. However, on this journey of the intentional life, we must be committed to our own healing and growth. This pursuit involves several key essentials:

Self-awareness: We need to be willing to be honest with our own struggles and growth areas. Developing our capacity to recognize our beliefs, emotions, decisions, and behaviors, and then to understand how they shape our perspectives of God, others, ourselves, and our circumstances, is the practice of renewing our minds every day (Romans 12:2).

Vulnerability: We need to be willing to be vulnerable first with Father, Jesus, and the Holy Spirit, then with trusted, spiritually mature others, and, in appropriate ways, with those we minister to. In doing so, we create healthy boundaries, authenticity, and an invitation for others to join their own heart healing journey.

Ongoing healing: We need to be actively engaged in our own healing process by bringing our wounds and issues to Jesus, which involves regular two-way dialogue with the Holy Three. Learning and practicing the ability to be a good receiver of their lavish love, life-directing truth, and awareness of their abiding presence throughout the day. Your heart healing process should include partnering with mature heart healers who are walking a little ahead of you for encouragement, guidance, and experience.

Over the next few weeks, I will share several practical exercises to help you deepen your connection with Jesus. In doing so, you can *expect to develop healthier boundaries and habits* in your time wealth areas and *enrich your own heart healing*.

Get ready!

POINT: Where you are willing to go with Father, Jesus, and the Holy Spirit, it opens a wide path for you to take others with you. (*HINT – The subject of our next series*).

Exercise #1 – **Becoming a good receiver of the voice and love of Jesus**

Take a careful listen to this podcast, which brilliantly articulates everything I have taught for 30 years about *experiencing the One True Jesus*, *discerning His Voice*, and *developing your capacity to receive from Him*.

- <https://open.spotify.com/episode/7c8F7e51ikQI1NsPHfe95N?si=CBH0DGMfRTmtN6GCS2NtE>
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Practice meeting with Jesus this week and record what you learn.